

FREDERICK COUNTY COMMISSION ON AGING MINUTES
FMH at Crestwood
7211 Bank Court, 2nd Floor
Frederick, MD
September 12, 2016

COA MEMBERS	DOA STAFF	EXCUSED	UNEXCUSED	GUESTS
Mary Beachley	Cathy Barnes	M.C. Keegan-Ayer		Amanda Crawford
Elizabeth Chung	Kitty Devilbiss	Tish Raff		Terry Miller
Ernell Graham	Monica Grant	Marie Reeves		Melinda Hite
Tom Lawler	Sue Ramsburg	Carolyn True		Mark Carney
Dianne Lewis				Geoff Littrell
Karen Lewns				Annie Lewis
Randy McClement, Mayor				Leslie Ruby
Ann McDermott				Joyce Rowe
Thea Ruff				Margaret Jackson
Leslie Schultz				Shirley Grier
Bobbie Speace				Rachel Kline
Sandra Wastler				Breann Lear
				Rachel Hill
				Brittany Mariott
				Christina Janker
				Maidison Morris

- I. **Call to Order** – Dianne Lewis called the meeting to order at 1:00pm.
- II. **Welcome & Introductions** – Dianne welcomed all attendees. She gave a brief description of the Commission and its goals. Commission members around the table introduced themselves. Staff and guests around the room introduced themselves.

III. Action on the Agenda – No new agenda items.

Approval of Minutes – The minutes of the August 8th meeting were not approved. Ann McDermott stated there is information presented during the Public Policy portion of last month's meeting that is not included in the minutes. Minutes will be revised and presented for approval at next month's meeting.

Monocacy Health Dental Clinic, Melinda Hite, Practice Manager– Dianne gave a brief description of Melinda's credentials and personal background. Melinda thanked the Commission for the invitation to today's meeting. She has been with Frederick Memorial Hospital for over three years. The Dental Clinic was opened in June of this year. The need for affordable dental services became apparent during the Community Health Needs Assessment and related community workgroups. Currently the clinic is open for acute issues, but the hope is to expand services in the near future. The goals of the clinic are to provide dental access to adult residents who are underinsured/uninsured, reduce emergency room visits due to dental issues/pain, and provide an educational opportunity to the University of MD dental students. The Clinic is establishing community relationships by working with Mission of Mercy clients. They are also working with the Religious Coalition, United Way of Frederick County, the Frederick County Health Department, and the Frederick Denture and Ortho Lab. The Clinic hopes to add dentures as a service in the near future. Most of the patients seen to this point are younger in age. There is currently no wait list and the schedule is about a week and a half out. There has been an article in the *Frederick News Post* and some local outreach.

Fees are a sliding scale fee schedule and based on income and family size. Other criteria include age 18 and older and clients must be a Frederick County resident. Although there is a cap on income the clinic would still allow someone of higher income to use the clinic but pay full price for services. These prices are still less than most private practices. The Clinic is primarily grant funded at this time. The phone number to call is 240-566-7005 and the website address is monocacyhealthpartners.org. Elizabeth Chung offered to outreach these services at the Community Health Fair which will be held in October. Melinda stated that the group is already planning to be there.

Mission Moment, Cathy Barnes – Cathy is the Brunswick Senior Center (BSC) Supervisor and has worked for Frederick County for twenty-six years. In addition to working at the BSC, she also manages a program called "Senior Centers without Walls". Cathy started this program three years ago and currently sends information

to twenty-two senior groups in Frederick County. These groups may meet in churches, town halls, or senior community rooms. Information is sent either by email or postal mail and includes nutrition education and craft projects for the groups. Cathy has visited some of the groups to offer other services. She is currently working on a new introduction letter to send to sixty church groups. Cathy works on this program on Mondays only and spends the other days at the BSC. She would like to see the program expand to diverse types of senior community groups. Mary Beachly expressed compliments to Cathy for her services to the senior citizens of Brunswick. She worked with and interviewed these seniors while part of the Seniors First Committee.

- IV. Update on DoA/Activities, Kitty Devilbiss** – Kitty stated that the recent Volunteer Fair held at the Dept. of Aging on September 9th was successful. In attendance were twenty-five various agencies including health care organizations, the National Park Service, and the Catocin Zoo. Although the crowd was smaller than anticipated, all vendors left with some names of potential volunteers. Karen Saul, the DoA's Volunteer Coordinator, is already planning next year's event and is working to start a Volunteer networking group.

Kitty gave an update on the status of the Senior Assisted Living/Group Housing subsidy program administered by the State of Maryland. The Maryland Department of Aging sent out incorrect allocation numbers and the Department is waiting on the revised information. There is a waitlist of four potential clients and one assisted living interested in this program when the funding is finalized.

Kitty distributed the agenda for the State Commission on Aging Symposium to interested members. This will be held on September 22nd at the North Laurel Community Center in Laurel, MD. The overall topic will be "Translating Healthy Aging Research Findings into Practice".

The Maryland State Dept. of Aging is anticipating releasing the instructions for the 2018 Area Plan in January 2017. The expected return date will be March 2017. This is an earlier request than previous years. This is an update only year.

The last topic for the Summer Speaker Series evening program at the Frederick Senior Center was held on Wednesday, September 7th. Attorney Cris Lovetro presented information regarding estate planning/end of life issues. The attendance was very good for this event with thirty-two attendees. The *Doctor in the House* series will begin again in October with physicians scheduled to speak during an

evening dinner program. The information is posted on the website at www.frederickcountymd.gov/aging.

The Department will be working with two student nursing groups this fall. The group from Shepherd will be focusing on malnutrition in adults. The group from Towson University will be focusing on medication management.

- V. **Public Comment** – During this time there was some open discussion about what dental services are needed in Frederick County. Most dental services are missing for seniors because there is no coverage with Medicare. Geography can be an issue if a lack of transportation is a problem. Elizabeth Chung stated partnership with local dentist is needed. During the Planting Hope Outreach in June, many people received dental services but the dentists providing services were from Virginia.
- VI. **Elder Expo** – Leslie stated that all the time slots for coverage at the Commission table are full for the Caregiver Conference and the Elder Expo. This will be a recruiting event for new members for this Commission. There will be future meeting information available for handout during the event. She brought a copy of this meeting list to today's meeting. Leslie would like some input from members about possible tablecloths for the Commission table after today's meeting. The Caregiver Conference will be from 4pm-6pm with a speaker and meal at 6pm on October 11th and the Elder Expo is from 9am-2pm on October 12th. Information for the Expo is located on the Elder Services Provider Council (ESPC) website.
- VII. **Update on CoA Handbook Dianne Lewis** – Dianne thanked Louise Lynch for providing some history and background information which will be included in the handbook. Karen Lewns and Marie Reeves have also been working on this project. The handbook items are being assembled. The goal is to have this handbook available for new members. There has been good effort put forth by members of the Commission in completing this goal.
- VIII. **Nominating, Bobbie Speace** – Bobbie reported that the Commission currently has openings and there was an announcement in yesterday's *Frederick News/Post*. This Committee will be waiting for resumes and will hold interviews for the two openings. Guests at today's meeting are invited to apply for membership.

Business Task Force, Tom Lawler – Tom stated that this group is working on two issues; caregiving and transportation. The September meeting focused on caregiving and Kathryn Nicolato with the City of Frederick presented a caregiving information PowerPoint

presentation. Also at this meeting were some members of the Frederick County Society for Human Resource Management who critiqued the presentation and made suggestions. This is a work in progress.

Public Policy, Ann McDermott – Ann reported that she continues to work with Karen Lewis-Young on the issues with guardianship and the funding formula. The issue with the formula is that any reallocation of the funding will not be accepted well by other counties. Their work on the guardianship issues has gained some support by geriatric case managements groups in Montgomery County and other providers. She will continue to work and report on these issues.

Health, Mary Beachley – Mary stated that the Health Committee has not met over the summer. She did present some information on malnutrition and how it relates to the senior population. She attended an excellent webinar while preparing for her nursing students. Improved nutrition for seniors will reduce unavoidable hospital readmissions, reduce pressure sores, and reduce extended hospital stays. It will also improve quality of life. Malnutrition does not necessarily relate to weight/size. It is a nutrition imbalance and people should reduce the amount of food additives they ingest. It is very important to pay attention to nutrition labels when shopping. It would be helpful if CMS (Centers for Medicare/Medicaid Services) would come up with a diagnosis code for malnutrition so that doctors could treat and bill for counseling on nutrition.

Aging in Place and Community, Thea Ruff – Thea stated that this group has had two meetings. There are three new members. Their purpose statement should be ready by the end of this month and they will begin work on an action plan.

Outreach, Sandra Wastler – Sandra stated that Marie had sent out the slideshow via email and they have gotten some comments from members. She and Marie will be meeting with Leslie and Dianne on Wednesday to try to narrow the number of slides in the show. This will be used for presentations (Elder Expo) to senior communities to help explain the mission and goals of this Commission. It is possible that there will be one slide show for seniors and one for service providers.

Communications, Leslie Schultz – Leslie stated that the Commission now has a Facebook page. Information about the meetings is posted on the page. The speaker at next month's

meeting is Dr. John Molesworth who works at the Frederick Memorial Hospital emergency department.

Approval of Subcommittee Reports, Leslie made a motion that the two subcommittee reports submitted be approved. Ernell seconded the motion. All were in favor.

- IX. Announcements –** Ernell Graham reminded everyone of the Unity Campaign for Frederick County non-profits. Partners in Care is a service which provides transportation for local seniors and is one of the options in the Campaign.

Elizabeth Chung encouraged members to attend the Community Health Fair which will be held on October 22nd. Services offered at this Fair include flu shots, health screenings, and access to health education. The event will be held at the Frederick Fairground and will start at 8am. This is a great opportunity for residents of Frederick County.

Elizabeth introduced Leslie Ruby as the new director for the RSVP (Retired Seniors Volunteer Program). Leslie previously worked at Frederick Community College. She will be creating an advisory board and any knowledge from this audience would be helpful and appreciated.

Leslie stated that Sue Adams had retired from the FCC/Institute for Learning program earlier this year. Kelli Ackiewicz is the new Director of that program. Leslie will be inviting her to a future meeting as a speaker.

Mayor McClement stated that the City continues to work on the Senior Park initiative. There were some complications but it is still moving forward. He apologized for missing so many meetings, but hopes to be present more often now that some staffing issues have been resolved.

- X. Adjournment -**
Dianne thanked everyone for attending today's meeting. The meeting adjourned at 2:22 pm.

Respectfully submitted,

Susan M. Ramsburg
Recording Secretary